

saf-instant Wellness Program

7 Days to Restore Balance
and Improve Wellbeing



Nutrition, Physical Activity, Wellbeing, Easy Recipes



This program was developed in collaboration
with a nutritionist

Sunday

Day 1

Starting the week with energy and vitality

Nutrition

The importance of a balanced breakfast to face the morning

A balanced breakfast should provide a good amount of energy to start the day right and support both physical and mental activity.

Among its benefits:

- ♥ Providing the body with energy to start the day Improving concentration and mental performance
- ♥ Regulating metabolism and controlling appetite
- ♥ Stabilizing blood sugar levels
- ♥ Contributing to weight management
- ♥ Strengthening the immune system Enhancing mood

Well-being

A calm morning routine to start the day without stress: using natural care products

Physical activity

10 minutes of morning stretching to wake up the body



Side stretch of the rib cage
(for 1 minute on each side)



Stretching arms above the head
(for 1 minute)



Back stretch with cat-cow movement
(for 1 minute)



Circular arm movements
(for one minute)



Front thigh muscle stretch
(1 minute on each side)



Leg stretch outward bend
(for 1 minute)



Seated spinal twist
(for 1 minute)



Back leg muscle stretch
(for 1 minute)



Final relaxation stretch
(for 1 minute)



Hip stretch
(for 1 minute)

saf-instant
The Original



Light brioche bread with seeds



Ingredients

- ♥ 250g whole wheat flour
- ♥ 2 eggs
- ♥ 10g **saf-instant** yeast
- ♥ 50ml milk (or almond, oat, or soy milk)
- ♥ 2 tablespoons melted coconut oil
- ♥ 1 tablespoon honey (or agave syrup or date sugar)
- ♥ A pinch of salt
- ♥ 1 teaspoon vanilla extract
- ♥ 1 to 2 tablespoons chia or flax seeds (for added Omega-3)

Preparation

- 👩 In a small bowl, mix the warm milk with the yeast and let it sit until foamy (5 to 10 minutes).
- 👩 In a large bowl, mix the flour with the salt. In the center, add the eggs, melted coconut oil, honey (or substitute), and vanilla. Add the milk and yeast mixture.
- 👩 Knead the ingredients until a dough forms, then continue kneading for 8 to 10 minutes until smooth and elastic.
- 👩 Shape the dough into a ball and place it in a lightly greased bowl. Cover and let it rise in a warm place for 1 to 1.5 hours, or until doubled in size.
- 👩 After rising, gently deflate the dough and shape it as desired (loaf, round shape, or small rolls).
- 👩 Place in a greased baking tin or on a baking sheet. Cover and let rest again for 30 to 45 minutes.
- 👩 Preheat the oven to 180°C (356°F). Brush the top with beaten egg and bake for 25 to 30 minutes, until golden.

Side dishes

Fried eggs + fresh vegetables + fruits
+ hot beverage of your choice.



Monday

Day 2

Staying active despite a busy schedule

Nutrition

Healthy snacks to avoid sudden hunger (easy ideas to take with you)

Eating healthy snacks throughout the day is important for several reasons. They play a key role in maintaining a balanced diet and can have a positive impact on your overall health

Maintaining stable energy levels

- ♥ Preventing sudden hunger and overeating
- ♥ Improving digestion
- ♥ Meeting your body's nutritional needs
- ♥ Preventing drops in focus and mood swings
- ♥ Examples of healthy snacks:
 - ♥ Fresh fruit with nuts
 - ♥ Plain yogurt with seeds
 - ♥ Hummus with crunchy vegetables
 - ♥ Homemade granola
 - ♥ Boiled egg + fruit or raw veggies
 - ♥ Banana with peanut butter
 - ♥ Dark chocolate with nuts



Physical activity

15 minutes of brisk walking (10,000 steps) or taking the stairs



Well-being

The art of mindful breathing

to calm the mind
Mindful breathing simply means observing your breath without trying to control it, and it's deeply soothing



Stress reduction:
Mindful breathing helps you return to the present moment, reducing stress and anxiety



Improved focus:
By focusing on your breath, you enhance full and conscious attention, which helps reduce negative thoughts



Yogurt and Flaxseed Bread



Ingredients

- ♥ 200g gluten-free flour (a mix of rice flour and corn flour)
- ♥ 50g ground flaxseeds
- ♥ 10g **saf-instant** yeast
- ♥ 2 eggs
- ♥ 120g plain yogurt
- ♥ 2 tablespoons olive oil or melted coconut oil
- ♥ 1 to 2 tablespoons honey
- ♥ Half a teaspoon of salt
- ♥ 50ml water

Preparation

- 👩 In a large bowl, whisk the eggs with the yogurt and olive oil (or melted coconut oil).
- 👩 Add the honey and mix well until you have a smooth mixture.
- 👩 In another bowl, combine the gluten-free flour, ground flaxseeds, yeast, and salt, then mix well.
- 👩 Gradually add the dry ingredients to the wet mixture, stirring gently to avoid lumps.
- 👩 If the dough seems too thick, add a little water or plant-based milk to achieve a smooth, uniform consistency.
- 👩 Pour the dough into a greased cake tin or one lined with parchment paper.
- 👩 Preheat the oven to **180°C (356°F)**, then place the tin in the oven and bake for **40 to 45 minutes** until the top of the bread is golden.
- 👩 Once baked, remove the bread from the oven and let it cool completely on a rack before slicing.

Side dishes

Peanut butter + fruit (banana) or homemade jam or honey + water or a warm beverage.



Tuesday

Day 3



Active Family Day

Nutrition



Teaching children to enjoy food

Cooking with children and grandchildren is a wonderful way to teach them about healthy eating while sharing loving, bonding moments. In addition to being a fun activity, it helps them understand where food comes from, how it's prepared, and encourages positive eating habits that benefit their future health.

Benefits:

- ♥ Educating taste and food variety
- ♥ Building a positive relationship with food
- ♥ Developing practical skills
- ♥ Passing down family and cultural values
- ♥ Encouraging sharing and togetherness



Well-being

Family gratitude time
Each family member
shares something
positive that
happened to them
during the day



Physical activity

Fun family movement games



Hula hoop



Gentle yoga



Dancing

Treasure hunt with physical challenges



Mini Whole Wheat Pizzas



Ingredients

Dough ingredients:

- ♥ 250g whole wheat flour (or half whole wheat and half buckwheat or rye flour for more flavor)
- ♥ 5g **saf-instant** yeast
- ♥ 150ml warm water
- ♥ 1 tablespoon olive oil
- ♥ 1/2 teaspoon salt
- ♥ 1 teaspoon honey
- ♥ 1 teaspoon dried herbs

Topping ingredients:

- ♥ Homemade tomato sauce
- ♥ Grated cheese such as mozzarella
- ♥ Healthy protein: tuna or chicken
- ♥ Fresh or dried herbs: basil, oregano, thyme

Preparation

- ♥ Dissolve the honey in warm water, add the yeast, and let it rest until foamy.
- ♥ In a bowl, mix the flour with salt and dried herbs. Add the olive oil and the yeast mixture, then mix until you get a cohesive dough.
- ♥ Knead for a few minutes until the dough becomes smooth and elastic.
- ♥ Cover and let it rise in a warm place for about an hour.
- ♥ Once risen, deflate the dough, divide it into small balls, and roll them into thin circles.
- ♥ Place them on a baking tray, spread with tomato sauce, and top with cheese, tuna or chicken, and herbs.
- ♥ Bake in a preheated oven at **180°C (356°F)** for **10 to 12 minutes**, until the dough is golden and the cheese has melted.

Side dishes

Fresh Vegetable Salad



Wednesday

Day 4

Boosting Immunity

Nutrition

Foods That Boost the Immune System

- ♥ Citrus fruits: Oranges, lemons, tangerines, grapefruit
- ♥ Vegetables: Broccoli, Brussels sprouts, kale
- ♥ Garlic
- ♥ Ginger
- ♥ Spinach
- ♥ Yogurt and fermented foods
- ♥ Nuts and seeds: Almonds, cashews, sunflower seeds, chia seeds
- ♥ Fatty fish: Salmon, mackerel, sardines
- Mushrooms

Helpful immune-boosting supplements:

- ♥ Vitamin C, D and Zinc, Probiotics Omega-3
- ♥ fatty acids

Additional tips:

- ♥ Hydration: Drink enough water to help the body flush out toxins and support immune function.
- ♥ Quality sleep: Deep, restful sleep is essential for a strong immune system.
- ♥ Stress reduction: Chronic stress weakens immunity, regular meditation or yoga is recommended.

Well-being

Family gratitude time
Preparing Herbal Tea for Evening Relaxation



Physical activity

Light Strengthening Session for Legs and Back
Around 20 to 25 minutes, including a 5-minute light warm-up.



Modified squat
3 sets of 10 to 15 reps



Reverse lunges
3 sets of 10 reps per leg



Glute bridges
3 sets of 12 to 15 reps



Superman exercise
3 sets of 10 to 12 reps



Modified side plank
2 sets of 15 to 30 seconds per side



Back and leg stretch
(Child's Pose) 2 minutes

Cool down
(3 to 5 minutes)



Hamstring stretch
(for 1 minute)



Trunk twist
(for the back)



deep breath



Herb and Tomato Focaccia



Ingredients

- ♥ 250g whole wheat flour
- ♥ 10g **saf-instant** yeast
- ♥ 150ml warm water
- ♥ 2 tablespoons olive oil (plus a little extra for drizzling)
- ♥ 1 tablespoon honey
- ♥ 1/2 teaspoon salt
- ♥ 1 tablespoon rosemary (fresh or dried)
- ♥ A handful of cherry tomatoes, halved
- ♥ Salt (for sprinkling)

Preparation

- 👩 In a small bowl, mix the warm water with honey, then add the yeast and let it rest for about **10 minutes** until foamy.
- 👩 In a large bowl, combine the whole wheat flour and salt. Add the olive oil, then pour in the yeast mixture.
- 👩 Mix well until you get a smooth dough. If the dough is too sticky, you can add a little flour, but be careful not to add too much to avoid making it stiff.
- 👩 Knead the dough on a lightly floured surface for **5 to 10 minutes** until it becomes smooth and elastic. Cover and let it rise for **1 to 15 hours** until it doubles in size.
- 👩 Preheat the oven to **200°C (392°F)**.
- 👩 Once the dough has risen, gently press it to release the air, then roll it out on a baking tray lined with parchment paper to about **2 to 3 cm** thickness.
- 👩 Using your fingers, create small dimples on the surface of the dough to form the traditional focaccia pattern.
- 👩 Drizzle olive oil on top, then add the rosemary (fresh or dried) and halved cherry tomatoes.
- 👩 Sprinkle a little salt on top and bake in the oven for **20 to 25 minutes**, or until the focaccia is golden and slightly crispy on the edges.

Side dishes

A vitamin-rich soup made with red lentils, carrots, and turmeric, or a fresh salad



Thursday

Day 5



Self-care

Nutrition



The Importance of Drinking Water Regularly

Hydration is essential for the proper functioning of the body. Around 60% of the human body is made up of water, which plays a vital role in many bodily functions.

Tips to drink more water:

- ♥ Always keep a water bottle with you
- ♥ Add natural flavors (like fruits, lemon slices, or mint)
- ♥ Use apps or reminders to prompt you to drink
- ♥ Set a daily water intake goal
- ♥ Eat water-rich foods like cucumber, watermelon, or lettuce



Well-being

a foot soak, a moment of reading, or natural self-care.



Physical activity

10 minutes of yoga or any relaxing activity



Breathing deeply
(for 1 minute)



Child's Pose
(for 1 minute)



Downward-Facing Dog
(for 1 minute)



Plank Pose
(for one minute)



Cobra Pose
(for 1 minute)



Mountain Pose
(for 1 minute)



Seated Twist
(1 minute for each side)



Warrior II Pose
(30 seconds each side)



Final Relaxation
(for 1 minute)



Oat Flour Bread



Ingredients

- ♥ 300g oat flour
- ♥ 200g whole wheat flour (to give structure to the bread)
- ♥ 7g **saf-instant** yeast
- ♥ 1 tbsp honey
- ♥ 1 tbsp salt
- ♥ 300ml warm water
- ♥ 2 tbsp olive oil
- ♥ 1 tbsp apple cider vinegar (optional - helps with fermentation)

Preparation

- 👩 In a small bowl, mix the warm water with honey and yeast. Stir well and let sit for about **10 minutes** until foamy.
 - 👩 In a large bowl, mix the oat flour, whole wheat flour, and salt.
 - 👩 Make a well in the center and pour in the yeast mixture, olive oil, and apple cider vinegar (if using). Mix until you get a cohesive dough. The dough should be slightly sticky but not runny.
 - 👩 Lightly flour your work surface and knead the dough for **8 to 10 minutes** until smooth and elastic.
 - 👩 Shape the dough into a ball and place it in a lightly oiled bowl.
 - 👩 Cover with a clean towel and let it rise in a warm place for about 1 hour, or until it doubles in size.
 - 👩 Once risen, gently punch down the dough to release air. Shape it and place it in a greased loaf tin.
 - 👩 Cover again and let it proof for another **30 to 45 minutes** until doubled in size.
 - 👩 Preheat the oven to **200°C** (or **180°C** for a fan oven).
- Bake the bread for 30 to 40 minutes, or until golden and firm

Side dishes

Roasted vegetables (without potatoes due to the presence of bread) + oven-baked chicken + fresh salads + water



Friday

Day 6

Organization and Meal Prepping

Nutrition

Weekly Meal Prep with the Family: A Guaranteed Time-Saver

Set aside some time over the weekend to prepare meals with the family. It's not just about staying organized, it becomes a fun and meaningful moment for everyone to share!

Ideas for a Variety of Weekly Meals:

- ♥ Chicken tagine with vegetables and olives
- ♥ Quinoa or rice salad with grilled vegetables
- ♥ Shakshuka (eggs cooked in a spiced tomato sauce)
- ♥ Marinated grilled meat or chicken
- ♥ A variety of soups to suit your taste
- ♥ Healthy snacks prepared in advance

Well-being

Delegate to Free
Up Time and
Ease the Mental
Load

Physical activity

Turn House Chores
into a Workout!



Dance while
tidying up

Lunge forward
while mopping
the floor



Run around the
house with the
vacuum cleaner



Take the
stairs
whenever
you can



saf-instant
The Original



Whole Wheat Bread with Walnuts and Raisins



Ingredients

- ♥ 250 g whole wheat flour
- ♥ 50 g walnuts
- ♥ 100 g raisins
- ♥ 1 tbsp **saf-instant** yeast
- ♥ 1 tbsp honey
- ♥ 1/2 tbsp salt
- ♥ 1 tbsp olive oil
- ♥ 150 ml warm water (adjust as needed)

Preparation

- ♥ In a small bowl, mix the warm water with the honey and instant yeast. Let the mixture sit for **10 minutes** until the yeast activates and becomes frothy.
- ♥ In a large bowl, combine the whole wheat flour, salt, chopped walnuts, and raisins. Mix well.
- ♥ Add the yeast mixture to the dry ingredients, then pour in the olive oil. Begin kneading until you get a soft, cohesive dough. (Add a little more water if it's too dry, or flour if it's too sticky.)
- ♥ Knead the dough for **8 to 10 minutes** until smooth and elastic.
- ♥ Cover the bowl with plastic wrap and let the dough rise in a warm place for about an hour, or until it doubles in size.
- ♥ After proofing, gently deflate the dough, shape it, and place it in a greased loaf pan.
- ♥ Let it rest for a second rise, **30 to 40 minutes**.
- ♥ Preheat the oven to **180°C (356°F)**, and bake the bread for **30 to 35 minutes** until golden brown.
- ♥ Remove the bread from the oven and allow it to cool completely on a wire rack before slicing.

Side dishes

Enjoy this bread as a light snack with a hot drink, a bit of butter, and some honey or homemade jam



Saturday

Day 7



Relaxation and Enjoyment

Nutrition



Enjoy a Balanced Meal Without Guilt

In our pursuit of well-being, it's important to understand that a balanced diet doesn't mean rigid or restrictive choices. It also includes the ability to enjoy a satisfying, nourishing meal—without guilt.

Healthy eating isn't about depriving ourselves of the foods we love; it's about learning to savor every bite mindfully while honoring our body's needs.

Enjoying food nurtures a positive relationship with eating

Balance between nutrition and mental well-being

The body thrives on variety to function at its best



Well-being

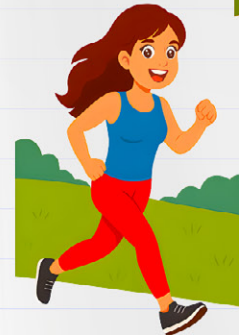
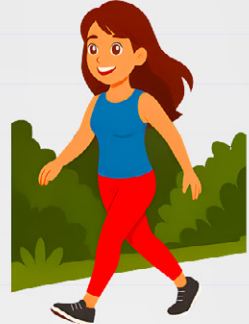
A Quiet Moment,
Screen-Free
Allow yourself a break
without distractions
just you, your
thoughts, and the
calm



Physical activity

Physical Activity: A Breath of Fresh Air, Nature, Sunlight, and Movement

A walk through the forest



A jog in the open air

A bike ride



A nap on the grass

A stroll along the beach



Whole Wheat Brioche Muffins



Ingredients

- ♥ 200 g whole wheat flour (or half whole wheat flour and half ground almonds for extra moisture)
- ♥ 50 g white wheat flour
- ♥ 7 g **saf-instant** yeast
- ♥ 2 tbsp honey
- ♥ 1 tbsp ground cinnamon
- ♥ 1/2 tbsp salt
- ♥ 1 egg
- ♥ 120 ml milk
- ♥ 50 g melted coconut oil or butter
- ♥ 30 g plain yogurt (Greek yogurt or any other type)

Preparation

- ♥ In a small bowl, pour 100 ml of warm milk and add the honey. Stir until dissolved. Then, add the dry yeast, mix again, and let it rest for **5 to 10 minutes** until the mixture becomes frothy.
- ♥ In a large bowl, mix the whole wheat flour, white flour, cinnamon, and salt. Make sure all dry ingredients are well combined.
- ♥ In another bowl, whisk the egg, melted coconut oil, and plain yogurt. Add the yeast mixture and the rest of the milk.
- ♥ Make a well in the center of the dry ingredients and pour in the wet ingredients. Mix well until you get a smooth dough. The dough should be thick but slightly sticky.
- ♥ If you like, add raisins or other chopped dried fruits (like apricots or cranberries) to the dough and mix gently.
- ♥ Cover the bowl with plastic wrap or a clean towel and let the dough rise in a warm place for about an hour or until it doubles in size.
- ♥ Preheat the oven to **180°C (350°F)**. Meanwhile, prepare a muffin tray by placing muffin liners in the cups.
- ♥ Once the dough has risen, divide it into equal portions and spoon it into the muffin cups. Don't fill the cups too much as the dough will rise during baking.
- ♥ Bake the muffins for about **20 to 25 minutes** or until they turn golden brown. Remove from the oven and allow the muffins to cool completely on a wire rack before serving.

Side dishes

Enjoy the muffins with a warm drink (green tea or herbal tea) and some apple compote for a delightful snack.

